







FRISCO ATHLETIC CENTER GROUP FITNESS SCHEDULE



June 2016

May 31-July 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM <i>Studio</i> <i>Instructor</i>	Total Body Cycle <i>Gold Medal</i> Lauren		Total Body Cycle <i>Gold Medal</i> Katherine		Total Body Cycle <i>Gold Medal</i> Lauren		Classes shaded gray require pass. Pick up a pass at the front desk up to 30 minutes prior to class start time.
5:30 AM	YogaBody Lean <i>Studio 1</i> Andrea	Ultimate Conditioning <i>Studio 1</i> Juliet	YogaBody Lean <i>Studio 1</i> Andrea	Ultimate Conditioning <i>Studio 1</i> Karen			
8:15 AM	Ultimate Conditioning <i>Studio 1 & 2</i> Emmi	Xfit Conditioning <i>Studio 1 & 2</i> Deb	Total Body Strength <i>Studio 1 & 2</i> Juliet	Step Interval <i>Studio 1 & 2</i> Juliet	Tabata <i>Studio 1&2</i> Juliet	Total Body Strength <i>Studio 1 & 2</i> Ginny/Juliet	<div>Check it Out!</div> <div>New Class Times for Summer!</div>
8:15 AM	Total Body Strength <i>Gold Medal</i> Louise	Piyo Live® <i>Gold Medal</i> Ginny	Fit Cycle <i>Gold Medal</i> Louise	Strength & Stretch <i>Gold Medal</i> Ginny	Fit Cycle <i>Gold Medal</i> Louise	Fit Cycle <i>Gold Medal</i> Kelli G	
9:20 AM	Tabata <i>Studio 1 & 2</i> Juliet	 Cardio Circuit Conditioning <i>Studio 1 & 2</i> Rebecca	TurboKick® <i>Studio 1 & 2</i> Pat	Insanity Strength <i>Studio 1 & 2</i> Sam	Xfit Conditioning <i>Studio 1 & 2</i> Deb		
9:30 AM	Yoga <i>Gold Medal</i> Louise	Fit Cycle <i>Gold Medal</i> Kelli G	Vinyasa Flow Yoga <i>Gold Medal</i> Louise	Fit Cycle <i>Gold Medal</i> Kelli G	Yoga- Level 1-2 <i>Gold Medal</i> 10:00am Joyce	Step-Bata <i>Studio 1 & 2</i> Deb	
10:25 AM	 Ultimate Conditioning <i>Studio 1 & 2</i> Jody	Total Body Strength <i>Studio 1 & 2</i> Jody		Tabata <i>Studio 1 & 2</i> Jody	TurboKick® <i>Studio 1 & 2</i> Pat	TurboKick® 10:45 am <i>Studio 1&2</i> Sam	
10:45 AM						Yoga Sculpt <i>Gold Medal</i> Louise	
11:30 AM	Piyo Live® <i>Studio 1</i> Karen	Ultimate Conditioning <i>Studio 1</i> Monica J.	Pilates <i>Studio 1</i> Grace	 Torch the Beat <i>Studio 1</i> Teresa	Zumba <i>Studio 1</i> Andrea		Piyo Live® Noon <i>Studio 1 & 2</i> Teresa
4:30 PM	Step <i>Studio 1</i> Kelly	Piyo Live® <i>Gold Medal</i> Teresa	Tabata <i>Studio 1</i> Melodie	Yin Yoga <i>Gold Medal</i> Grace	<div>REGISTER NOW!</div> <div>Registration for summer classes and camps now open! Get info on Yoga Camp, Zumba Kids, Vertimax, and adult specialty fitness classes in your Fun Guide or online at FriscoFun.org.</div>		
5:45 PM		Zumba & Cize <i>Studio 1 & 2</i> Tammy		Zumba <i>Studio 1</i> Andrea/Maria			
5:45 PM	 TurboKick® <i>Studio 1 & 2</i> Teresa	Fit Cycle <i>Gold Medal</i> Kelli G	Ultimate Conditioning <i>Studio 1</i> Lisa	Total Body Strength <i>Studio 2</i> Tom			
7:00 PM	Ultimate Conditioning <i>Studio 1 & 2</i> Teresa	Pilates <i>Studio 1 & 2</i> Nini	Tabata <i>Studio 1 & 2</i> Nini	Pilates <i>Studio 1 & 2</i> Nini			
8:00 PM	Yoga- Level 1 <i>Studio 1 & 2</i> Nini		Gentle Yoga <i>Studio 1 & 2</i> Nini	Yoga- Beginner <i>Studio 1</i> Bob G	<div>Jennifer Russell, Fitness Supervisor</div> <div>JRussell@FriscoTexas.gov</div> <div>972-292-6521</div> <div>For Fun Club reservations, call 972-292-6600</div>		

FRISCOFUN.ORG

Group Fitness Class Descriptions

Cardio

Insanity® - Challenge yourself with Max Interval Training utilizing cardio and plyometric drills with intervals of power and resistance. Short breaks keep your heart pumping and your workout at maximum capacity. Burn insane amounts of calories and get results.

Step Interval - Improve your cardiovascular fitness level with this high energy cardio class that will alternate between endurance training and high intensity athletic based intervals.

TurboKick® - This interval-based, full body workout includes a sports-specific warm-up, followed by higher paced intervals, kickboxing specific strength/endurance training and then finishes with a mind/body cool down.

Combo - Cardio and Strength

Tabata - High Intensity Interval Training burns fat and gets you fit fast. Increase your metabolism, muscular strength and endurance, and burn calories even after you leave class.

Xfit Conditioning - Functional training, tabata intervals, and HIIT all wrapped up into this full body workout utilizing weights, steps, and your own body's resistance, to give you a workout from head to toe. All levels welcome.

Step-Bata - Traditional Step and Tabata combined into one amazing workout! Alternating intervals of basic/intermediate step choreography with Tabata. All levels welcomed.

Step & Strength - This high-energy class includes basic to intermediate step choreography while incorporating strength training. Class may also include isolated strength training off of the step.

Ultimate Conditioning - This interval-based class will improve cardiovascular and muscular endurance. Intervals will incorporate body weight, weights, cardio drills and minimal choreography.

Strength

Total Body Strength - This low-impact class will improve muscular strength, increase metabolism, endurance, flexibility, balance, and coordination. Exercises will increase lean muscle by focusing on bodyweight, equipment, and large muscle group exercises using a variety of weights.

PiYo Live® - This fun and challenging class is designed to build strength and gain flexibility. It provides the perfect fusion of intense choreography, core strength, and power. It includes modifications so everyone can participate, yet offers progressions to challenge the more advanced.

Pilates - This total body conditioning routine uses a variety of equipment to help participants move with ease and grace to improve core stability, range of motion, flexibility, and strength.

Yoga Sculpt - A combination class of Vinyasa Flow yoga and light weight interval training to give you wonderful muscle skeletal, mind and body energetic awareness.

Indoor Cycle

Fit Cycle - Indoor cycling that provides a high-energy workout for cardiovascular, strength and endurance while keeping joint impact to a minimum.

Total Body Cycle - Indoor cycling that provides a high-energy workout for cardiovascular, strength and endurance while keeping joint impact to a minimum. Get off the bike in the last quarter of class for a total body strength training session

Dance

Zumba®, Cize & Torch the Beat - Dance, burn calories, tone muscles and have fun!

Yoga

Yoga: Levels 1-3 - This class leads students through various yoga styles and postures aimed to increase overall body awareness. Classes progress up to Level 3 by increasing difficulty of poses, speed of flow, and knowledge of yoga terminology.

YogaBody Lean - Invigorating workout that links movement with breath and varied paced flows and pose holds to build muscular and cardiovascular endurance, improve circulation, and tone the muscles while taking the body through a full range of motion for better core stability and flexibility. For all levels.

Vinyasa Flow Yoga - Experience mental and physical benefits from this style of Yoga, to help energize and strengthen the body. Relax the mind as you move onto stillness and joy by moving and breathing smoothly from one pose to another. Sun Salutations will build strength and increase flexibility.

Yin Yoga - Slow paced practice targeting the deep connective tissues of ligaments, tendons, fascia, bones and joints while doing meditative floor poses. The postures are typically held between one and five minutes to allow muscle fibers and tissues to stretch and lengthen.

Yoga: Beginner/Gentle Yoga - Learn relaxation technique through stretching, bending, and twisting. Improve flexibility, strength and balance while reducing stress and improving cardiovascular health and your sense of well-being. This class will make you feel relaxed and energized.

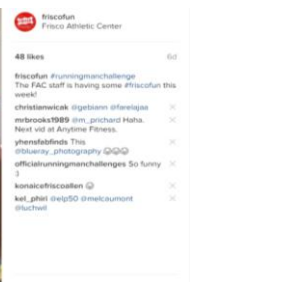
FAC Group Fitness Schedule classes are included with FAC membership. Members 13-15 years old are welcome, if accompanied by a participating adult. Class formats may vary by instructor. Class schedule is subject to change including listed instructors, times, days, formats and for cancellations.

CONNECT WITH US



We are Frisco Fun!

Find us on Twitter, Facebook and Instagram to stay connected with Frisco Parks and Recreation. You will want to see more posts like our #RunningManChallenge video.



PERSONAL TRAINING

Reach your goals!

SINGLE SESSIONS		PARTNER SESSIONS	
30-Minute	\$39		
45-Minute	\$49	45-Minute	\$74
1 Hour	\$59	1 Hour	\$89

Get your new fitness program started by visiting the FAC Customer Service Desk or contacting Jennifer Russell at 972-292-6521 or JRussell@FriscoTexas.gov.

POLICIES

- Services are available for ages 13 and up.
- Clients must maintain an active FAC membership and purchase one of the above personal training packages prior to the first session.
- All packages expire 120 days from the purchase date.
- Packages are non-refundable.
- To reschedule appointments, clients must contact trainer directly with 24 hour notice to avoid session charge.

Facebook.com/FriscoFun @FriscoFun #FriscoFit